



# Wallet-friendly workouts

Finances are one of the biggest reasons people don't join a gym. A monthly gym membership fee can take a big bite out of a budget, but that doesn't mean you should throw in the towel on exercise.

You can get all of the benefits of exercise at little to no cost with these tips:

- Use home items as workout tools. Instead of buying weights, use canned goods or fill used gallon jugs with water or sand.
- Put gravity to work for you. Many resistance exercises use only your body weight and gravity to help you get stronger. Think push-ups, squats, crunches, leg lifts, and arm raises.
- Use the stairs in your home for a step training workout. Or, use a low, sturdy step stool. Play music while stepping.
- Borrow fitness DVDs from your library, or look for used ones at garage sales.
- Utilize community resources. Some fitness centers, senior centers, and community programs offer free or low-cost fitness classes. Local hotels or schools may have a minimal fee to swim in the pool at select times. Walk a local walking path or step through a scenic park for fresh air and fitness.
- Consider used items. Many people will sell their used bikes, weight machines, treadmills, and other equipment at a fraction of the cost of a new item. Stop by local yard sales or look for local "yard sale" groups on social media.
- Try just shoes and an app. If you already have a smart phone, there are many free or low-cost fitness apps available to keep you motivated. Lace up your walking shoes and start tracking your progress with the app to keep you motivated and on track. YouTube also offers a variety of workout programs that allow you to exercise at home.